



# Youth Mental Health First Aid Certification Class

Saturday, October 18 2014

8:30am-5:00pm

Company 1 Firehouse (Kalasky Room)  
(bring a bag lunch, refrigeration available)

## DO YOU KNOW HOW TO HELP?

### Youth Mental Health First Aid

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

Cost: \$25(covers the class and materials).

Instructor: Judith Stonger, Wheeler Clinic

Payment is due upon registration in person or through the mail no later than  
Friday, October 10, 2014.

Seating is limited. You must be at least 18 years old.

Sponsored by Newington Department of Human Services

Please bring/send registration and payment to  
Newington Human Services, 131 Cedar Street, Newington, CT 06111

Checks should be payable to Newington Human Services

For further information, please contact

Karen Futoma, Director of Human Services at 860-665-8660



**Registration for Youth Mental Health First Aid**  
**October 18, 2014**

**Name:**\_\_\_\_\_

**Address:**\_\_\_\_\_

**Phone:**\_\_\_\_\_

**Payment: \$25 cash**\_\_\_\_\_ **\$25 check**\_\_\_\_\_

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